

Gain Balance

Join Employee Yoga

Grab a group of co-workers and get motivated to stretch, strengthen, and balance your mind and body.



Date: Oct 21-Dec 2nd
(*No class on 11/25*)

Day: Wednesdays

Time: 12:00-12:45pm

Location: DCRC-Classroom C

Cost: 30 HBC Points

**HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY**

Call the DCRC at 4550 or
stop by to register today!
Indicate activity number
476600 and section 1
when registering!

Registration ends 10/19!

